

North Laurel Senior Center Plus

July, 2015

9411 Whiskey Bottom Road
Laurel, MD 20723
410-313-7218

Hours: Monday through Friday 9:30am - 1:30pm
Nancy Riley, Director; nriley@howardcountymd.gov



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:30 Coffee Talk 10:00 Good Old Days 11:00 Music w/Ellis 12:00 Lunch 12:45 Tai Chi w/Dave 1	9:30 Coffee Talk 10:00 Good Old Days 10:45 Sing-a-long w/Kay 12:00 Lunch 12:45 Exercise w/Liz 2	Center Closed Independence Day Observance 3
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Cooking Activity 12:00 Lunch 12:45 Good Old Days 6	9:30 Coffee Talk 10:00 Good Old Days 11:00 Jewelry making 12:00 Lunch 12:45 Exercise w/Liz 7	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music w/Al 12:00 Lunch 12:45 Tai Chi w/Dave 8	9:30 Coffee Talk 10:00 Good Old Days 11:00 Cooking Activity 12:00 Lunch 12:45 Exercise w/Liz 9	9:30 Coffee Talk 10:00 Good Old Days 10:30 Rainbow Music Group 12:00 Lunch 12:45 Bingo 10
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music w/Ed 12:00 Lunch 12:45 Good Old Days 13	9:30 Coffee Talk 10:00 Good Old Days 11:00 Travel to France 12:00 Lunch 12:45 Exercise w/Liz 14	9:30 Coffee Talk 10:00 Good Old Days 11:00 Summer Games 12:00 Lunch 12:45 Tai Chi w/Dave 15	9:30 Coffee Talk 10:00 Popcorn & a Movie 12:00 Lunch 12:45 Exercise w/Liz 16	9:30 Coffee Talk 10:00 Art w/Joyce. 12:00 Lunch 12:45 Bingo 17
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music w/Al 12:00 Lunch 12:45 Good Old Days 20	9:30 Coffee Talk 10:00 Good Old Days 11:00 Gratitude Day 12:00 Lunch 12:45 Exercise w/Liz 21	9:30 Coffee Talk 10:00 Story Time & Craft w/Pat 12:00 Lunch 12:45 Tai Chi w/Dave 22	9:30 Coffee Talk 10:00 Good Old Days 11:00 Ice Cream Cone Day 12:00 Lunch 12:45 Exercise w/Liz 23	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music w/Charlie E. 12:00 Lunch 12:45 Bingo 24
Bob Evans Restaurant 9:30am – 1:30pm (410) 290-0004 27	9:30 Coffee Talk 10:00 Good Old Days 11:00 Drumming w/James 12:00 Lunch 12:45 Exercise w/Liz 28	9:30 Coffee Talk 10:00 Good Old Days 11:00 Cooking Activity 12:00 Lunch 12:45 Tai Chi w/Dave 29	9:30 Coffee Talk 10:00 Good Old Days 11:00 Cards & Games 12:00 Lunch 12:45 Exercise w/Liz 30	9:30 Coffee Talk 10:00 Good Old Days 11:00 Bon Voyage Rachel 12:00 Lunch 12:45 Bingo 31

July Calendar Notes and News

Community Happenings

Farmers Market Coupon Distribution

Date: Thursday, July 16

Time: 9 am

A limited number of coupons will be available for eligible residents for use at local farmer markets. An application is required and additional information is available at the 50+ desk, or contact Carmen at 410.313.0380.

Important Dates and Reminders

The center will be closed on July 3 in observance of Independence Day.

It is often cool in our rooms, so please dress appropriately and bring or wear a lightweight jacket or sweater.

Resource and Referral Information

Maryland Access Point, (MAP): Provides free information, assistance, and future planning for older adults and person with disabilities. Contact them at 410-313-5980, 1-800-506-5806 or map@howardcountymd.gov.

RTA Paratransit Services: 1-800-270-9553, Press 3 and follow prompts.

Inclement Weather Policy

When Howard County Schools are closed or delayed two hours, the Senior Center Plus Program is cancelled. When the public schools have a scheduled day off, please tune to WBAL-TV or contact the center at 410-313-7218 to hear a recorded message regarding center operations.

If you need this publication in an alternate format, call 410-313-7218.